



Cucumber Dip

8 oz. Island Fresh Japanese cucumbers
1 med. Carrot, shredded
¼ cup Sour Cream
¼ cup Mayonnaise
1 tablespoon Island Fresh Parsley, minced

Shred cucumbers; press excess liquid through a strainer. Combine with remaining ingredients. Chill and serve with raw fresh vegetables.

Yield: 4-6 servings